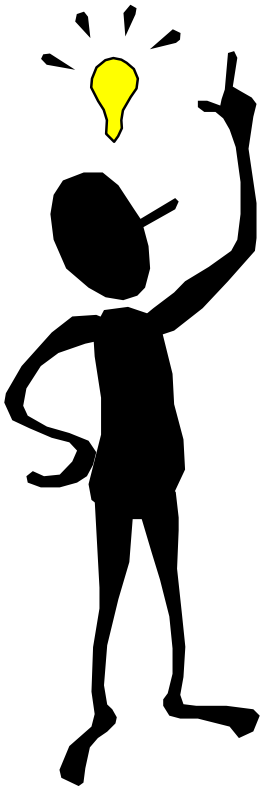
REUNION

POST DEPLOYMENT EMOTIONS

- SPOUSE EMOTIONS - ANGER, FEAR, RESENTMENT, TRUST… BLAMING
- SOLDIER EMOTIONS - NO LONGER NEEDED, TRUST, CONFLICTING EXPECTATIONS
- CHILDREN'S EMOTIONS - FEAR, ANXIETY, RESENTMENT
- ALL - JOY & EXCITEMENT

COPING WITH POST-DEPLOYMENT EMOTIONS



- TAKE IT SLOWLY
- BE REASONABLE IN YOUR EXPECTATIONS
- LISTEN TO EACH OTHER
- BE OPEN TO OUTSIDE HELP

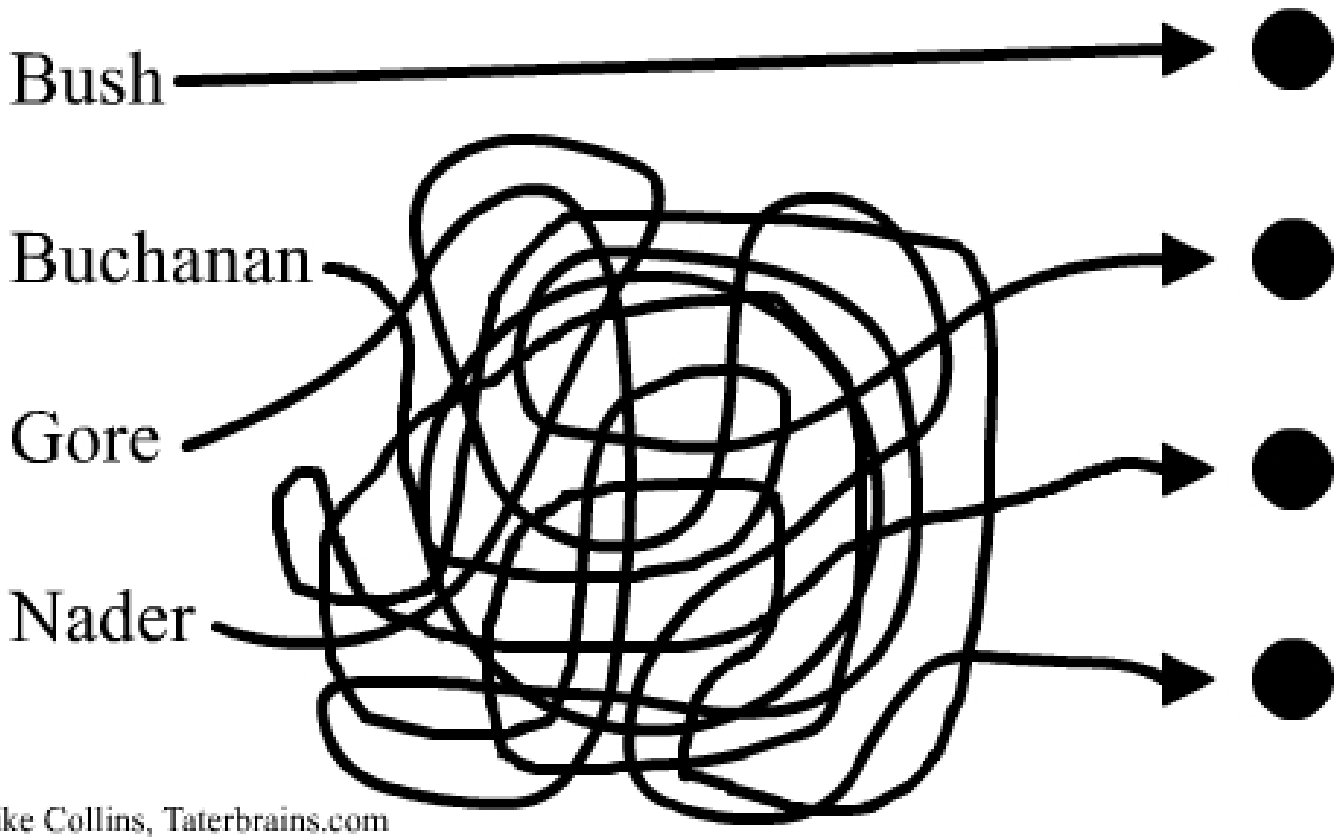
HOMECOMING TIPS

- *COMMUNICATE* YOUR EXPECTATIONS
- *EXPECT* SOME CONFLICT & ANXIETY
- MAKE IT A *FAMILY* REUNION
- ARRANGE A DATE WITH *EACH CHILD*
- *POSTPONE* VISITS WITH OTHERS
- BE AWARE OF *JET LAG*

Don’t Make Things Too Complicated…

Official Florida Presidential Ballot

Follow the arrow and Punch the appropriate dot.



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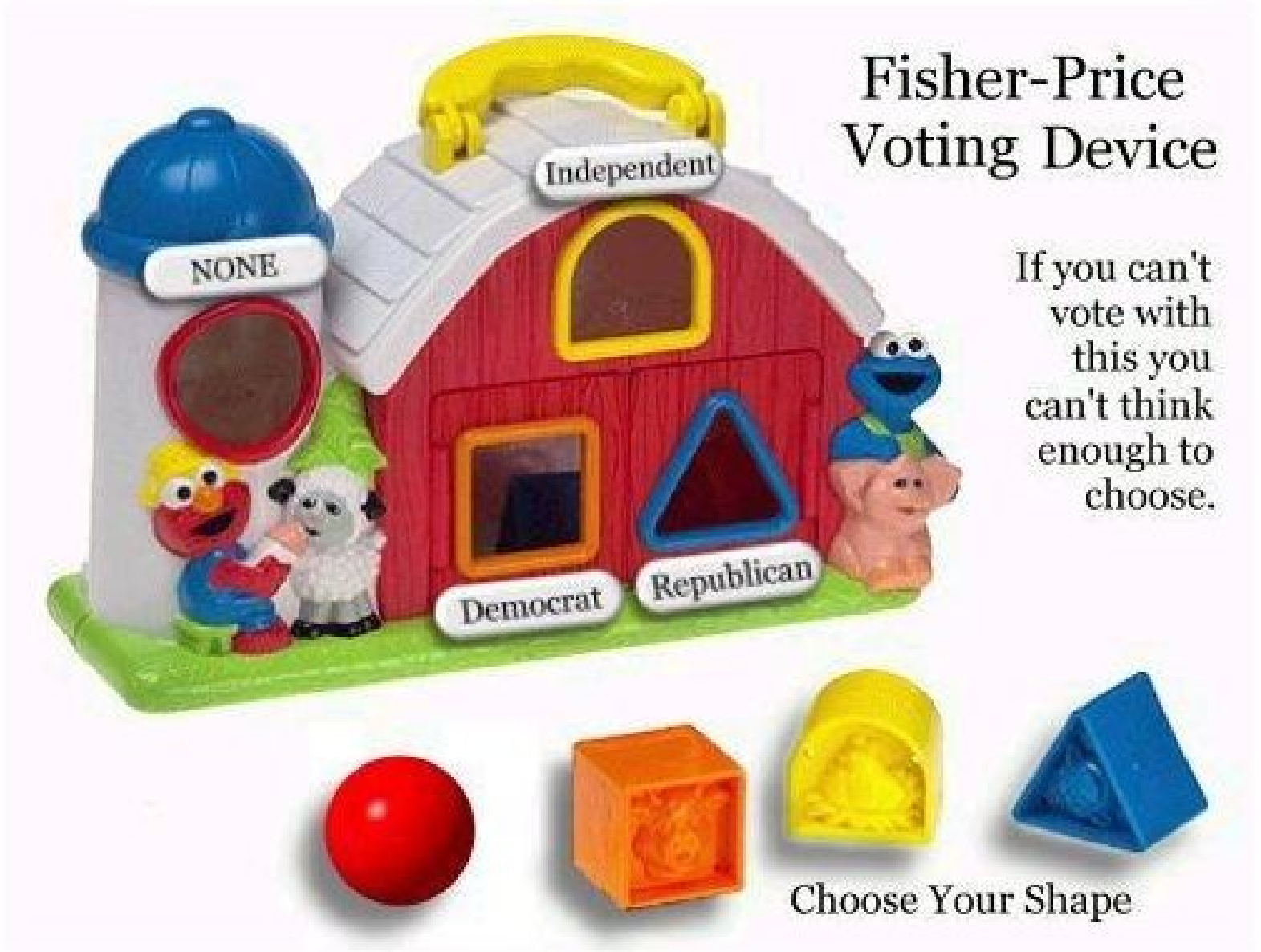
Keep it Simple!

Florida is ready for 2004



COMMON MISTAKES

- PRETEND NOTHING'S CHANGED
- BELITTLE THE OTHER'S EFFORTS
- TAKE IT TOO QUICKLY
- FAIL TO CONSIDER THE OTHER'S NEEDS
- FORGET WHICH WORLD YOU'RE IN

COMMON CONFLICT

The two most common areas of conflict are…

MONEY

and…

SEX

Don’t tug and [illegible] with the sharks!

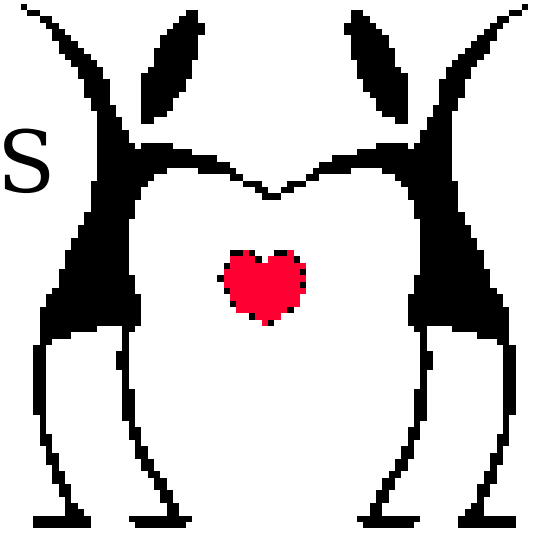
How Men and Women Operate

THE CHAPLAIN

- Privileged Communication
- Advocate
- Provide Services
- Spiritual Fitness

CONCLUSION

WITH A LITTLE PLANNING, UNDERSTANDING AND PATIENCE, MOST COUPLES LEARN TO COPE SUCCESSFULLY WITH SEPARATIONS & REUNIONS!



QUESTIONS
&
ANSWERS

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QUESTIONS
&
COMMENTS

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